

What is claimed is:

1. A method for alerting and monitoring a quiescent person, comprising:
 - recording a personal alert message; and
 - in response to receiving an alarm:
 - playing the personal alert message, and
 - in response to detecting the removal of a safety device from a cradle, sending a message to a remote monitoring system.
2. The method of claim 1, further comprising:
 - locking the safety device in the cradle; and
 - in response to receiving the alarm, unlocking the safety device.
3. The method of claim 1, further comprising:
 - transmitting a radio-frequency location signal from the safety device to at least one radio-frequency receiver; and
 - determining a position of the safety device based on the radio-frequency location signal.
4. The method of claim 1, wherein said playing the personal alert message includes:
 - playing the personal alert message at an initial volume; and
 - increasing the initial volume to a maximum volume over a predetermined time period.
5. The method of claim 1, wherein the alarm is an alarm message received over a radio-frequency communications link.
6. The method of claim 1, wherein the alarm is an audible alarm received over an audio-frequency communications link.

7. The method of claim 1, wherein the safety device absent message is sent over a wired network.

8. The method of claim 1, wherein the safety device absent message is sent over a wireless network.

9. The method of claim 1, wherein the safety device is at least one of a flashlight, a mobile cellular phone, and a walkie-talkie.

10. A system for alerting and monitoring a quiescent person, comprising:

a cradle to:

transmit a safety device absent signal in response to the removal of a safety device;

a communications interface to:

send a safety device absent message, to a remote monitoring system, in response to the safety device absent signal;

an audio input to:

record a personal alert message,

playback the personal alert message in response to a play signal, and

transmit an alert signal in response to the detection of an audible alarm;

an audio output, coupled to the audio input, to:

play the personal alert message, received from the audio input, through a speaker; and

a processor, coupled to the cradle, the communications interface, the audio input, the audio output, and a power supply, the processor adaptively configured to:

transmit the play signal in response to the alert signal, and

transmit the safety device absent signal, to the communications interface, in response to the alert signal from the audio input and the safety device absent signal from the cradle.

11. The system of claim 10, wherein the communications interface is coupled to the cradle to receive the safety device absent signal from the cradle.
12. The system of claim 10, wherein the cradle is coupled to the power supply and includes an electrical power interface to the safety device.
13. The system of claim 12, wherein the processor is further adapted to control the charging of the safety device.
14. The system of claim 10, further comprising:
 - a radio-frequency receiver, coupled to the processor, to send the alert signal to the processor in response to a radio-frequency alarm.
15. The system of claim 10, wherein the removable safety device is a flashlight.
16. The system of claim 10, wherein the removable safety device is a cellular telephone.
17. The system of claim 10, wherein the removable safety device is a walkie talkie.
18. The system of claim 10, wherein:
 - the cradle includes a locking mechanism to:
 - lock the safety device in the cradle; and
 - in response to the alert signal, unlock the safety device; and
 - the processor is further adapted to transmit the alert signal to the cradle.
19. The system of claim 10, wherein the cradle is coupled to the audio input and includes a locking mechanism to:
 - lock the safety device in the cradle; and
 - in response to the alert signal, unlock the safety device.

20. The system of claim 14, wherein the cradle is coupled to the radio-frequency receiver and includes a locking mechanism to:

lock the safety device in the cradle; and
in response to the alert signal, unlock the safety device.

21. The system of claim 10, wherein the safety device includes a radio-frequency transmitter to transmit a radio-frequency location signal.

22. The system of claim 21, further comprising at least one radio-frequency receiver to:

receive the radio-frequency location signal; and
determine a position of the safety device based on the radio-frequency location signal.

23. The system of claim 22, wherein the safety device includes a global positioning system receiver coupled to the radio-frequency transmitter.

24. The system of claim 23, wherein the radio-frequency location signal includes global positioning system navigation information.

25. The system of claim 10, wherein the audio output is adapted to:
play the personal alert message at an initial volume; and
increase the initial volume to a maximum volume over a predetermined time period.

26. A system for alerting and monitoring a quiescent person, comprising:
a charging cradle to:
transmit an alert signal to a removably coupled cellular phone, the cellular phone adaptively configured to:
power up in response to the alert signal, and
automatically dial a predetermined phone number when removed from the cradle;

an audio input, coupled to the charging cradle, to:

record a personal alert message,

play the personal alert message through an audio output in response to a play signal, and

transmit the alert signal in response to detecting an audible alarm;

a processor, coupled to the charging cradle, the audio input and a power supply, the processor adaptively configured to transmit the play signal in response to the alert signal.

27. A system for alerting and monitoring a quiescent person, comprising:

a charging cradle to:

transmit an alert signal to a removably coupled safety device, the safety device adaptively configured to:

power up in response to the alert signal, and

automatically transmit a radio-frequency location signal when removed from the cradle;

an audio input, coupled to the charging cradle, to:

record a personal alert message,

play the personal alert message through an audio output in response to a play signal, and

transmit the alert signal in response to detecting an audible alarm;

a processor, coupled to the charging cradle, the audio input and a power supply, the processor adaptively configured to transmit the play signal in response to the alert signal.

28. The system of claim 27, wherein the safety device is a walkie-talkie.

29. The system of claim 27, wherein the safety device is a flashlight having a radio-frequency transmitter.